

GVH Marathon Training Plan 2010

Note: Use your current VDOT paces. Some of these workouts are continuous runs with no recovery between intensities. Many of these runs are very challenging and you may benefit by having a partner or coach nearby. Consider practicing hydration/energy replacement during some of the continuous or long runs. You likely will need to adjust weekly and daily mileage and easy days to where your fitness and training are current at. Check with Coach Reif if you have questions.

Weeks Remaining	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Weekly Mileage
Week remaining to race 14	Jan 3 10 miles	Easy	2 mi. @ MP 1x 800 @ T 1 x 1600 @ T 1 x 800 @ T 2 mi. @ MP	Easy	WU 1 x 800 @ T 2 x 1600 @ T 1 x 800 @ T 2 laps strides straights	Off	Long run 12-16 miles	+5%
13	Jan. 10 One hour @E	11 Easy	12 4x 200 @ R/1 lap rec 2 x 1600 @T w/ l lap rec 4 x 200 @R w/1lap rec	13 E	14 2-4 x 400 @ R st 2 mi.@ T 6 x 200 @ I start one every 1:30	15 E	16 Medium Long 10-15 with hills or Freezeroo plus 10 miles easy	+10%
12	17 Easy 8—12 mi.	18 Easy plus 4 strides	19 4 x 200 @ R 1 x 800 @ T 2 x 600 @ R 4 x 200 @ R	20 Easy	21 3 mi. @MP 2 mile @ T 4 laps strides	22 Off	23 Long run 14—18 @ E	+10%
11	24 One hour easy	25 Easy	26 4 s 200 @ R w/200 rec. 3 s 600 @R w/400 recovery 4 x 200 @ R w/200 rec.	27 Easy	28 T 1 x 800 @ T 3 x 2000 @ T 4 laps of stride straights	29 Easy	30 10-15 miles with hills	+10%
10	31 8-14 miles @ E	Feb 1 Easy plus 4 strides	2 1 x 800 @ I 1 x 1000 @ I 1--2 x 1200 @ I 1 x 1000 @ I 1 x 800 @ I All with same rec time	3 Easy	4 2 miles Easy 3 miles @ MP 2 miles @ E 2 miles @ MP 1 mile @ E	5 Easy	6 Long run 16-20 Max Mileage	+10%
9	7 1.5 hr. @E	8 Easy plus 4 strides	9 2 mi. @E, 2 sets (1000, 1200, 1000 @ I) w/ same rec. time. Then 4 x 200 @ R w/ 200 rec. 2 mi. @ E	10 Easy	11 2 mi.@ E 2-4 x 1600 @ T w/ 1 min. rec 8 x 200 @ I w/ 200 rec. 3 mi.@ E	12 Off or 30 min. @ E.	13 3 mi. @ E+ 4 mi.@ MP + 1 mi.@T +4 mi.@MP + 1 mi@ T 2 mi.@ E cut everything in half if doing race next day	-10%

8	14 100 min @ E or 2 mi. @E 8 mile Valentines Day Freezeroo + 2 mi.@ E	15 Easy	16 2 mi. @ E 2 x 2 mi.@ T w/ 2 min.,. Rec. 2 x 400 @ R w/200 rec. 3 mi. @E	17 Easy	18 3 miles Easy 4 miles @ MP 2 miles @ E 4 miles @ MP 1 mile @ E	19 Easy	20 4 mi. @ E 6 mi. @ MP 4 mi. @ E On hills if possible	Same at week 11
7	21 60 min. @ E + strides	22 Easy plus 4 strides	23 2 x 3 mi. @T w/ 3 min. Rec 4 x 200 @ R w/200 rec.	24 Easy	25 2 mi.@ E + 2 x (4 mi@ MP+1 T) 1 mi@ E	26 Off	27 16 miles w/ long hills	-10%
6	28 60 -90 min. @ Easy	March 1 Easy plus 4 strides	2 2 mi.@E 3 x 3 mi.@ T w/ 3 min. rec. 2 mi.@E	3 Easy	4 15 mi. @ E	5 Easy	6 2 mi.@E + 10-13 mi.@ MP 2 mi.@ E	+10%
5	7 60 min. @ Easy	8 Easy plus 4 strides	9 2 mi@ E 4-6 x mile @ T w/1 min. rec. 4 x 100 m. Strides	10 Easy	11 2 mi.@E 2 sets 15 sec, cut backs start at 1:30 min. 2 mi. @ E	12 30 min.@ E	13 2 mi. WU, Johnny's Runnin of the Green (5), + 5 mi. @E	-10%
4	14 4 mi. @ E + 3 mi. @MP + 4 mi. @ E	15 Easy plus 4 strides	16 2 mi. @ E 4 mi. @ T 5 mi..@ E 3 miles @ T 2 mi. @E	17 Easy	18 2 mi.@ E 4 x 1000 m @I w/same rec. 4 x 400 @ R w/3 min. Rec. +2 mi.@ E	19 Easy 30 min or off	20 4 mi.@ E +6 mi@ MP + 1 mi @ T + 3 mi.@ MP + 1 mi.@T +1 mi.@ MP	same
3	21 60 min@ E + strides	22 Easy plus 4 strides	23 3 mi@ E + 2 (4 mi.@ MP + 1 mile @ T), 2 mi@ E	24 Easy	25 2 mi. @E 4-6 x 1200 @T w/ 1 min. rec. 2 mi. @ E	26 Off or 30 min. Run	27 20-22 miles steady @ E	+10%
2	28 Easy 30 min run or off	29 Easy run plus 4 strides	30 2 mi@ E, 3 x 2 miles @ T w/2 min. rec. 2 mi. @ E	31 Easy	April 1 3 mi. @ E + 20 min @ T, + 2 miles @ E	2 Easy 30 min.	3 15 miles on hills Taper week	-20%
1	4 60 min. @E	5 30 min @ E plus 4 strides	6 30 min @ E + 2 x 15 min. @T with 2 min. rec. 3 mi. @ E	7 40 min@ Easy	8 30 min@ E 20 min @MP 30 min @E	9 Off or 30 min.@E	10 2 mi.@ E + 20 min. @T w/2 min. rec 2 mi. @E	-10%
Final Taper	11 1.5 hours @ E	12 30 min.@ E	13 2 mi. @ E 4 x 1000 m@T 2 mi. @E	14 30 min. @ E	15 20 min @ E 10 min @ MP 10 min @E	16 30 mins @ E + 6 strides	17 off or 30 min. @E	-10%
Race Week	18 30 min@ Easy on course + 4 strides	19 Boston Marathon Day						